Stressbusters SPRING 23

Monday 5/01

WEEKDAY MORNING SITTING MEDITATION
8:30am -8:45am
McCullough Reflection Space
Join Scott Center staff & faculty for a brief sit every morning this week.

TYSM (Thank you so much)
11:30am-12:30pm
Library vestibule
Express gratitude - write a thank you card to a friend, roommate, or professor who helped get you through this semester.

KNOLL GARDEN VOLUNTEER HOURS
1:00pm-3:00pm
The Knoll
Ongoing Garden Volunteer Hours - Come see what we're up to at the Knoll! go/knollhours

HERE & NOW
4:00pm-4:30pm
McCullough Reflection Space
Lighten your mental load with brief mindfulness practices
that encourage calm and focus.

STRESS-LESS SCAVENGER HUNT
Beginning 4:00pm
All around campus!
Visit some or all of the stops around campus to earn prizes & stress management strategies. Find the clues at go/SLscavengerhunt.

Tuesday 5/02

NATURE ART
1:00pm-1:30pm
Meet at CFA terrace, walk to Red Kelly trail
Unplug and appreciate the order and chaos of nature. Observe, play in the dirt, or gently create art with natural materials. Stay just a minute or as long as you need.

LAWN DAYS
2:00pm -4:00pm, Tuesday through Thursday!
Battell Beach
The AFC will have lawn games, drinks, and snacks to just drop by and "take a load off." A laid back moment to play some games and hang out while taking a break from studying.

OPEN THERAPY DOG TIME
4:00pm-5:00pm
McCullough Patio
Come slow your pulse, take a deep breath, and make some new friends with therapy dogs Stella and Milo! They cannot wait to meet you.

THE SLOWDOWN
4:30pm-5:30pm
46 South St.
Join the Scott Center for homemade chai and cookies, conversation and crafting!

JUST RANT
5:00pm-6:00pm
Axinn 220
Finals got you down?
Join JusTalks in a safe, open space to just rant about any problems or stresses you have.

Wednesday 5/03

WAKEFUL WEDNESDAY
12:10pm-12:30pm
Middlebury Chapel
20 minutes of mindfulness and reflection, led by Dean of Spiritual & Religious Life Mark Orten.

PAINT PICNIC!
2:00pm-4:00pm
Battell Beach
Come enjoy a sunny day of painting landscapes - or whatever else you want! Paint supplies & picnic blankets provided.

LET'S TALK
2:00pm-4:00pm
Virtue Field House Room 279
Informal and confidential conversations with a counselor.
Drop ins welcome.

TEA AND COOKIE DECORATING
4:00pm-5:00pm
CTLR Davis 225
Join us for comforting tea and cookie decorating. We will provide everything, including some decorating ideas-- all you need to bring is your design skills!

Thursday 5/04

WALKING GROUP WITH STELLA (THE DOG)
2:00pm-4:00pm
Centeno House
Take some time to get out and de-stress with therapy dog Stella on some of her favorite local trails.

SPECS MOVIE NIGHT
7:30pm-9:15pm
Bihall 104
Pizza, snacks, sex education & a fun movie - show up to see which one we pick!

Friday 5/05

WEEKDAY MORNING SITTING MEDITATION
8:30am-8:45 am
McCullough Reflection Space
Join Scott Center staff & faculty for a brief sit.

DON'T LET STRESS BURST YOUR BUBBLE!
11:30am-12:30pm
Outside of Proctor dining
Drop by our table for some quick mood-boosters!

This calendar is curated by the Office of Health & Wellness Education (HWE)
Contact our office for any questions:
healthandwellnessed@middlebury.edu

Stressbusters SPRING 23

Monday 5/08

WEEKDAY MORNING SITTING MEDITATION
8:30am-8:45am
McCullough Reflection Space
Join Scott Center staff & faculty for a brief sit every morning this week.

SIGN UP FOR 30 MINUTES OF ACUPUNCTURE
10:00am-12:00pm
HWE Office, Ross Ground Floor
Sign up for a free, 30 minute acupuncture appointment: go/acupuncture

FREE 15-MINUTE MASSAGES!
3:30pm-5:30pm
HWE Office, Ross Ground Floor
Sign up for a free 15-minute massage: go/HWEmassage

HERE & NOW
4:00pm-4:30pm
McCullough Reflection Space
Lighten your mental load with brief mindfulness practices that encourage calm and focus.

Tuesday 5/09

OPEN THERAPY DOG TIME
4:00pm-5:00pm
McCollough Patio
Come slow your pulse, take a deep breath, & make some new friends with therapy dogs Stella and Milo! They can't wait to meet you.

FREE 15-MINUTE MASSAGES! AGAIN!
3:30pm-5:30pm
HWE Office, Ross Ground Floor
Sign up for a free 15-minute massage: go/HWEmassage

THE SLOWDOWN
4:30pm-5:30pm
46 South St.
Join the Scott Center for homemade chai and cookies, conversation and crafting!

Wednesday 5/10

AWE WALK
9:00am-10:00am
Ross Patio
With the right outlook, awe can be found in almost any environment. Join Health Educator, Maddie Hope-Lyng for a guided awe walk experience from the Ross Patio to the Knoll.

WAKEFUL WEDNESDAY
12:10pm-12:30pm
Middlebury Chapel
20 minutes of mindfulness and reflection, led by Dean of Spiritual & Religious Life Mark Orten.

BUILD A SELF-CARE KIT
12:30pm-1:30pm
Ross Courtyard
Grab some stress relieving self care supplies. Decorate your own tote & fill it up with goodies!

SLIME MAKING
2:30pm-3:30pm
HWE Office, Ross Ground Floor
Come make some slime and hang out.

OTTER CREEK COOKIES FROM THE ALUMNI OFFICE
2:30pm-4:30pm
Great Hall, Bi Hall & Library Entrance
Join the Alumni Office for a cookie as well as an opportunity to win Midd swag!

Thursday 5/11

CHAT WITH A PROVIDER
11:00am -12:30 pm
Outside of Crossroads
Ask some quick questions with our provider Amber Jimerson & grab stress relieving supplies.

Stress Less B I N G O
Virtual - any time!
Aim for a BINGO at go/StressLessBingo.
If you win, email HWE for a prize!
(Our email is at the bottom)

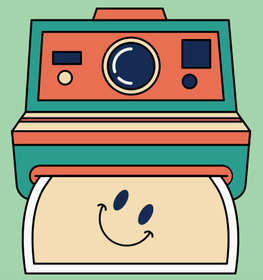
KNOTS N' THOUGHTS
3:00pm-5:00pm
CARE Management Office, Stewart 214
Knit, crochet, cross stitch, embroider, color, and be creative in a low stress individual way. No skills or supplies needed. Drop in for the whole time or just a little bit.

Friday 5/12

CRAFTS, CRAFTS, CRAFTS!
11:00am-12:30pm
HWE Office, Ross Ground Floor
Make a bracelet, paint a ceramic turtle, knit, sculpt a nose out of Play-Doh. We don't care what you choose, just come hang out. Crafting options and snacks provided.

Saturday 5/13

SPRING SILENT RETREAT
9:00am-12:00pm
46 South St
Hosted by the Scott Center, led by Professor Emliy Proctor. A silent retreat with meditation sits, warm drinks and snacks. Register by May 10th at go/silentretreat



Tuesday 5/16

READING DAY AWAY!
9:00am-4:30pm
Breadloaf Campus
The Center for Health & Wellness and Office of Student Engagement invite you to get off campus for a day of studying, support, and guided breaks! Therapy dogs, hiking, and lunch included. Buses leave from ADK circle at 8:30am, 12:30pm, and 4:30pm. RSVP on Presence here.

Find the plain text calendar that includes who is hosting each event at go/stressbustersplaintext

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